Surviving Earthquakes

Joint Base Safety Office

EARTHQUAKE SURVIVAL

27 TIPS TO HELP YOU SURVIVE

4 Basics to Do During An Earthquake

1. STAY CALM.
2. Inside: Crouch under a desk or table, away from windows or glass dividers.
3. Outside: Stand away from buildings, trees, telephone and electric lines.
4. On the road: Drive away from underpasses/overpasses; stop in safe area; stay in vehicle.

6 Basics to Do After An Earthquake

5. Check for injuries-provide first aid.
6. Check for safety-check for gas, water and sewage breaks; check for downed electric lines and shorts; turn off appropriate utilities; check for building damage and potential safety foundation.
7. Clean up dangerous spills.
8. Wear shoes.
9. Turn on radio and listen for instructions from public safety agencies.
10. Don’t use the telephone except for emergency use.

14 Survival Items to Keep on Hand

11. Portable radio with extra batteries.
12. Flashlight with extra batteries.
13. First Aid Kit-including specific medicines needed for members of your household.
14. Fire extinguisher.
15. Adjustable wrench for turning off gas and water.
16. Smoke detector properly installed.
17. Portable escape ladders for homes/apartments with multiple floors.
18. Bottled water-sufficient for the number of members in your household.

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19. First Aid Book.
20. Canned and dried food sufficient for a week for each member of household. Note: Both water and food should be rotated into normal meals of household so as to keep freshness. (Canned goods have a normal shelf-life of one year for maximum freshness.)
21. Non-electric can opener.
22. Portable stove such as butane or charcoal. Note: Use of such stoves should not take place until it is determined that there is no gas leak in the area. Charcoal should be burned only outdoors. Use of charcoal indoors will lead to carbon monoxide poisoning.
23. Matches.
24. Telephone numbers of police, fire and doctor.

3 Things You Must to Know

1. How to turn off gas, water and electricity.
2. First Aid.
3. Plan for reuniting your family.